

# “MY ANALOG (RULE OF) LIFE”

Old School Cool :: Part 4

Katie Martinez :: September 12 & 15, 2019



**Psalm 90:12 (NIV)** *Teach us to number our days, that we may gain a heart of wisdom.*

*Tell me, what is it you plan to do with your one wild and precious life?*

**Mary Oliver**

## WHAT IS A RULE OF LIFE; AND HOW DOES IT WORK?

A Rule of Life is a \_\_\_\_\_ that provides **structure** and **direction** for growth in holiness. (Marjorie Thompson)

### 1. Scaffolding:

### 2. Stakes:

#### St. Benedict's Rule:

1. Prayer
2. Work
3. Hospitality
4. Study
5. Renewal

## HOW DO I CREATE MY RULE OF LIFE?

The Good News is: \_\_\_\_\_.

1. \_\_\_\_\_.

2. \_\_\_\_\_.


- What do you already do that draws you to God?
- What activities nurture your spirit?
- What do you do simply because you are a follower of Jesus?
- When do you feel most alive and connected to your truest or deepest self?

3. \_\_\_\_\_.

4. \_\_\_\_\_.

5. \_\_\_\_\_.

<b>DAILY</b> <i>20 minutes of silence</i> <i>Read Scripture passage, pray, and write in journal</i> <i>Practice gratitude</i>	<b>WEEKLY</b> <i>Attend church, volunteer</i> <i>Do something creative (e.g., paint, play violin, or garden)</i> <i>Look back over the week to notice where I sensed God's presence most intensely</i>	<b>MONTHLY</b> <i>Meet with spiritual director</i> <i>Make or serve dinner at homeless shelter</i> <i>Invite neighbors for dinner</i>	<b>YEARLY</b> <i>Arrange a silent retreat day</i>
<b>WINTER</b> <i>New practices during Advent</i>	<b>SPRING</b> <i>Register for a Lent retreat</i>	<b>SUMMER</b>	<b>AUTUMN</b>



The most important question to ask: \_\_\_\_\_

\_\_\_\_\_